

MOTHER & CHILD ART MATTERS PROGRAM – MOTHERS' DAY PROGRAM

In honor of Mothers on this upcoming Mothers' Day, the senior center will be hosting a "Mother and Child ArtMatters" program on Thursday, May 11th from 1:30 to 3:00 p.m. Join us as we begin our afternoon with some light refreshments of pastries and punch, provided by the Foxborough Rotary Club, followed at 2:00 by our ArtMatters presentation. ArtMatters is an art awareness program designed to keep us connected to the world and encourage a loving relationship with the visual arts. The bond between parents and their children is very special, very personal and yet universal. This relationship transcends language, different cultures, great distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers and their children throughout our human history. Join us for this special program sponsored by the Friends of Foxborough Seniors, as we celebrate mothers and children through art. Please call the senior center at 508-543-1234 to sign up in advance.

Monday, May 1

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Stop & Shop 1:00 p.m.

School Budget Discussion with Superintendent Spinelli 2:00 p.m.

Tuesday, May 2

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, May 3

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

SHINE by appointment 11:00 a.m.

Computer Class 11:30 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Judith Kalaora – Program on Deborah Samson Gannett 4:30 p.m.

Thursday, May 4

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 10:00 a.m.

Falls Prevention Program 12:30 to 3:00 p.m.

Diabetes Prevention Program 1:00 p.m.

Friday, May 5

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Senior Fitness 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

A REVOLUTION OF HER OWN

On Wednesday, May 3rd at 4:30 p.m., Judith Kalaora will be at the senior center to perform her one-woman show “A Revolution of Her Own,” the story of Deborah Samson Gannett (1760-1820), the first woman to enlist, fight in, and be honorably discharged from the American military. Deborah was an indentured servant by the age of 5, she worked for 10 years as a farm hand, and as a self-educated woman, she became the only schoolmarm in Middleborough, Massachusetts. She felt a higher calling when she heard news of the Rebellion while working in a local tavern. So on May 20, 1782, Deborah disguised herself as a man and walked to the town of Bellingham where she enlisted in the Fourth Massachusetts Regiment of the Continental Army, under the alias “Robert Shurtlieff.” Through Judith’s performance of Deborah’s life through interactive stories and authentic colonial attire, we’ll experience Mrs. Samson Gannett’s arduous upbringing, her 18 months of active combat service and her success as the first female professional soldier. In the final years of her life, Deborah lived in our neighboring town of Sharon. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance if you’d like to join us as Judith takes us back in time in her portrayal of this female Revolutionary War hero.

FALLS PREVENTION CLINIC

Did you know that 1 in every 3 Americans aged 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Physical Therapist Stephanie Boudreau and her colleague Laura Mattes, from Brigham and Women’s, will be at the senior center on Thursday, May 4th from 12:30 to 3:00 p.m. to present a program on “Falls Prevention: Strategies to help keep us safe in our home and community.” Join us as we discuss goals toward understanding the strategies that may assist in preventing falls in the home and community environment. We will discuss statistics regarding number of falls in the US, factors contributing to falls and strategies to modify and prevent them. We’ll learn strengthening and balance exercises to enhance muscle groups that help prevent falls, and we’ll look at assistive devices that may help or hinder falls. Please call the senior center at 508-543-1234 to sign up in advance and we’ll save you a seat.

DANA ZAISER’S TRAVELOGUE

G’day mates! Dana Zaiser will be returning to the senior center at 4:30 p.m. on Wednesday, May 10th with a one hour travelogue based on his trip to Australia. How can you go wrong with a beautiful country, amazing animals and friendly people? Visit the cities of Melbourne, Sydney, Adelaide and Cairns. Kangaroo Island off the coast of Adelaide has numerous nature preserves with Koala bears, colorful parrots, duck-billed platypus, kangaroos and more. Would you ever consider taking a hot air ride over the Outback? Or snorkel at the Great Barrier Reef? The famous Ghan Train? Come and find out what it is like to experience these wonders. Please call the senior center at 508-543-1234 to sign up and join us on these amazing travel adventures.

SCHOOL BUDGET DISCUSSION

Foxborough School System Superintendent Deb Spinelli and School Business Administrator Bill Yukna will be at the senior center on Monday, May 1st from 2:00 to 3:00 p.m. for a program explaining the school budget and priorities. If you would like to ask questions and get some answers, don’t miss this opportunity to speak directly to our school administrators! Call the senior center at 508-543-1234 so sign up in advance for this program.

OPTIONS COUNSELING SERVICES

On Monday, May 15th from 12:30 p.m. to 2:30 p.m., Options Counseling Services will be available at the senior center. This program is being offered by the Executive Office of Elder Affairs through HESSCO Elder Services. Options Counselors are trained to provide information on resources, housing, long term care, referrals to advocacy groups, etc. Long term care services include medical care and support with activities of daily living, such as dressing, bathing or eating. Options Counseling is a free service, and eligible individuals include: individuals under age 60 with a disability; any individual age 60 and over; individuals in the hospital who are being discharged; individuals at home who are seeking resources to maintain their independence, and; friends or family who are exploring care options on behalf of another person. Options Counselors maintain up to date information about the array of publicly funded and privately paid options that are available. An Options

Counselor will be available at the senior center on May 15th from 12:30 to 2:30 p.m. If you would like to schedule an appointment with our Options Counselor Maria Royer, please call the senior center at 508-543-1234.

NORFOLK COUNTY REGISTER OF DEEDS OFFICE HOURS

William P. O'Donnell, Norfolk County Register of Deeds, and members of his staff will be available at the Foxborough Public Safety Building on Thursday, May 25th from 10:00 a.m. to noon to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No advance appointment is needed. Call the Registry for further information at 781-461-6104 or visit the Registry's website on the internet at www.norfolkdeeds.org.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

CLASSIC MOVIE DAY

Classic Movie Day for the month of May is scheduled for Tuesday, May 9 at 12:30 p.m. and our featured film will be "Driving Miss Daisy." Daisy Werthan (Jessica Tandy), an elderly Jewish widow, living in Atlanta, is determined to maintain her independence. However, when she crashed her car, her son Boolie (Dan Aykroyd) arranges for her to have a chauffeur, an African-American driver named Hoke Colburn (Morgan Freeman). Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years that transcends racial prejudices and social conventions. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 24th we'll be enjoying our menu of roasted turkey and gravy, whipped potatoes, butternut squash, cranberry sauce and strawberry shortcake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, May 22nd to make your reservation and to arrange for transportation, if needed.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

NEWS FROM DISTRICT ATTORNEY MICHAEL MORRISSEY

Did you forget to check your smoke alarm batteries when you changed your clocks on March 12th? If you do not have a working smoke alarm, the Massachusetts Red Cross has partnered with several organizations to install a limited number of smoke alarms for free in homes, including specialized bedside alarms for the hearing

impaired. A working smoke alarm doubles a person's chance of surviving a fire. Call the Red Cross at 800-Red-Cross or 800-746-3511 to see if this service is available in your area. Also, to heighten awareness of identity theft and protect seniors, District Attorney Morrissey is sponsoring mobile shredding events at senior centers to help in quick, safe and free disposal of sensitive documents. A shredding event is scheduled for May 3 in Sharon. Call 781-830-4920 with any questions if you are interested.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 9th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. A SHINE counselor will be available at the senior center to meet with you individually on Wednesday, May 3rd. If you would like to schedule an appointment with the SHINE counselor, call the senior center at 508-543-1234.

REGULARLY SCHEDULED EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Senior Fitness classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, May 17th at 1:00 p.m. Everyone is welcome to attend these informational services.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, May 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

May 3 – Walmart

May 10 – Christmas Tree Shop/Trader Joe's

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, May 1

Salisbury Steak 290

Onion Gravy 96

Mashed Potatoes 62

Genoa Vegetables 40

Oatmeal Bread 121

Peaches 5

Sodium 614

Calories 622

Tuesday, May 2

Stuffed Shells with Sauce 390

Broccoli 12

Multigrain Bread 190

Sugar Cookie 171

Sodium 763

Calories 646

Wednesday, May 3

Chicken Bruschetta 394

Italian Pasta 1

Tuscan Vegetables 56

Whole Wheat Bread 160

Mandarin Oranges 5

Sodium 616

Calories 452

Thursday, May 4

Low Sodium Hot Dog 550

Mustard 55

Baked Beans 36

Carrot Medley 47

Hot Dog Roll 210

Banana 1

Sodium 899

Calories 585

Friday, May 5

Catch of the Day 67

Salsa Sauce 117

Mexican Rice 22

Mexicali Vegetables 6

Tortilla 227

Tropical Fruit 10
Sodium 449
Calories 643